

David's Playlist

Eight Weeks of Simple Prayer Rhythms
through the Psalms of David



Winter 2026

Introduction

A Simple Way to Walk With Jesus Through the Psalms

Welcome to *David's Playlist*. This is a gentle, unhurried prayer guide designed to be used during the *Psalms of David* sermon series. Whether you're praying alone, with your LifeGroup, or as a family, this guide offers a simple and flexible rhythm for encountering Jesus through Scripture.

Each week centers on one psalm, with:

- One Sunday liturgy (5-10 minutes).
- Six short weekday prayer rhythms you repeat each week (2 minutes a day).
- A weekly practice menu you can choose from anytime.

There is no pressure and no perfect way to pray. The goal is not to complete a checklist, but to cultivate a worshiping heart—one that listens, notices, and responds to God's presence.

How to Use This Guide

On Sunday (5-10 minutes)

- Sit anywhere comfortable.
- Move slowly through the weekly liturgy.
- Read the psalm of the week.
- Pause often.
- Let one word or verse come alive.

Monday-Saturday (2 minutes)

Each weekday, repeat the same simple pattern:

1. Kneel for one minute (if able).
2. Read a verse or two from the week's psalm.
3. Notice one word the Spirit gives you.
4. Pray a one-sentence prayer.
5. Carry the word with you.

Then, choose one or two weekly practices whenever you'd like. There is freedom—mix them up, vary them, skip some, return to others.

Weekly Practice Menu (choose anytime)

1. Kneel again later in the day (1 minute).
2. Journal briefly about what God is showing you.
3. Serve someone in a small way this week.
4. Pray for someone or ask how you can pray for them.
5. Take a psalm walk (10-15 minutes) once a week.

These rhythms help you follow Jesus with your heart, mind, body, relationships, and habits. Let them anchor you gently—not by force, but by invitation.

Take a breath.

Ask the Holy Spirit to meet you.

Let's begin the journey.

Monday-Saturday Rhythms

Use every week

Every Day (2 minutes):

1. Kneel (or bow your head)

"Lord, I am here. Meet me today."

2. Read

Read 1-2 verses from the psalm of the week.

3. Notice your word

Ask: "Spirit, what word or phrase do you want me to carry today?"

4. Pray one simple sentence

"Jesus, guide me."

or

"Lord, steady my heart."

or

"Father, show me your way."

5. Carry that word into your day

Anytime:

1. Kneel again

Take one more minute later in the day.

"Lord, keep me close."

2. Journal (1-3 minutes)

Write a word, phrase, or quick bullet about what God is showing you.

3. Serve someone (once a week)

A simple act of kindness—at home, work, school, or in traffic.

4. Pray with or for someone

Ask: "How can I pray for you today?"

5. Go on a psalm walk (once a week)

Walk 10-15 minutes with one verse in your mind.

Sunday, February 1

Week 1 – Psalm 8

Theme: Wonder

*What If Worship Started with Wonder,
Not Music?*

Invitation – Psalm 8:1

“O Lord, our Lord, how majestic is
your name in all the earth.”

Read slowly.

Let wonder rise.

Quiet (30-60 seconds)

Rest your body and mind.

Let awe awaken.

Psalm 8

Read the psalm.

Notice the sky... the stars...
creation... your place in it.

Bible Reading – 1 Samuel 16:1-13

God sees what others do not.

God chooses differently.

Let this shape how you see yourself
this week.

Quiet

Sit with what stirred you.

Dwelling

Return to one word or phrase:
“majestic,” “mindful,” “glory.”

Pray from that place.

Free Prayer

Pray for:

- awe in worship
- eyes to notice God’s beauty
- a sense of God’s delight in you

Prayer

Majestic God,

fill me with wonder this week.

Let me see your beauty and presence
in every ordinary moment.

Amen.

Blessing – Psalm 8:9

“O Lord, our Lord, how majestic is
your name in all the earth.”

Sunday, February 8

Week 2 – Psalm 59

Theme: Trust

When Life Falls Apart... Can You Still Worship?

Invitation – Psalm 59:16

"You are my fortress, my refuge in times of trouble."

Repeat it slowly.

Let refuge settle over you.

Quiet

Name one anxious place in your heart.

Offer it to God.

Psalm 59

Notice fear... danger... singing in uncertainty.

Where do you identify with David?

Bible Reading – 1 Samuel 19:1-18

David is hunted.

God protects him through unexpected means.

Quiet

Let trust rise gently.

Dwelling

"O my Strength... fortress... refuge..."

Hold one word.

Pray from it.

Free Prayer

Pray for:

- trust in uncertainty
- courage in fear
- God's protection

Prayer

Strong God,

steady me when life feels unstable.

Be my fortress.

Hold my heart.

Amen.

Blessing – Psalm 59:17

"You are my fortress, my loving God."

Sunday, February 15

Week 3 – Psalm 34

Theme: Gratitude

*When You've Really Messed Up—
Worship Anyway*

Invitation – Psalm 34:8

"Taste and see that the Lord is good."

Quiet

Let regret surface gently.
Let mercy meet you.

Psalm 34

Notice deliverance... closeness...
radiance.
Where do you need grace?

Bible Reading – 1 Samuel 21:12- 22:1

David panics.
God rescues anyway.

Quiet

Let grace loosen your shoulders.

Dwelling

"The Lord is close to the
brokenhearted."

Free Prayer

Pray for:

- gratitude
- healing
- renewed joy

Prayer

Good and merciful God,
let gratitude heal my shame.
Amen.

Blessing – Psalm 34:5

"Those who look to him are radiant."

Sunday, February 22

Week 4 – Psalm 57

Theme: Surrender

*Worshiping God When You Feel Stuck
in a Cave*

Invitation – Psalm 57:1

"I take refuge in the shadow of your
wings."

Quiet

Name what feels stuck.

Psalm 57

Fear... prayer... praise before rescue.

Bible Reading – 1 Samuel 24

David releases control.
Trust grows in the cave.

Quiet

Release your grip.

Dwelling

"Steadfast... mercy... exalted..."

Free Prayer

Pray for:

- surrender
- patience
- trust in God's timing

Prayer

Lord,
meet me in the cave.
Make my heart steadfast.
Amen.

Blessing – Psalm 57:10

"Great is your love."

Sunday, March 1

Week 5 – Psalm 51

Theme: Repentance

The Most Honest Prayer in the Bible

Invitation – Psalm 51:17

"A broken and contrite heart you will not despise."

Quiet

Let sin come into the light—without fear.

Psalm 51

Confession... cleansing... new heart... restored joy.

Bible Reading – 2 Samuel 11-12

David's sin exposed.
God's mercy offered.

Quiet

Let mercy wash over you.

Dwelling

"Create... clean... restore..."

Free Prayer

Pray for:

- cleansing
- healing
- restored joy

Prayer

Merciful God,
wash me clean.
Restore my joy.
Amen.

Blessing – Psalm 51:12

"Restore to me the joy of your salvation."

Sunday, March 8

Week 6 – Psalm 32

Theme: Freedom

When God Forgives You—Can You Live Free?

Invitation – Psalm 32:1-2

“Blessed is the one whose transgressions are forgiven.”

Quiet

Notice where shame still lingers.

Psalm 32

Honesty... release... joy... instruction.

Bible Reading – 2 Samuel 12:13

David confesses.

God forgives.

Quiet

Let relief enter your body.

Dwelling

“Forgiven... covered... free...”

Free Prayer

Pray for:

- freedom from shame
- honesty before God
- joy after repentance

Prayer

Gracious God,
teach me to live free
in your forgiveness.
Amen.

Blessing – Psalm 32:7

“You are my hiding place.”

Sunday, March 15

Week 7 – Psalm 3

Theme: Dependence

How to Worship When People Let You Down

Invitation – Psalm 3:3

"You are a shield around me... the One who lifts my head."

Quiet

Bring relational hurt to God.

Psalm 3

Betrayal... fear... rest... protection.

Bible Reading – 2 Samuel 15

David weeps.
God sustains.

Quiet

Let God comfort you.

Dwelling

"Shield... lift... sustain..."

Free Prayer

Pray for:

- healing
- forgiveness
- God's protection

Prayer

Faithful God,
be my shield and sustainer.
Amen.

Blessing – Psalm 3:5-6

"The Lord sustains me; I will not fear."

Sunday, March 22

Week 8 – Psalm 18

Theme: Remembrance

Looking Back, I Still Have a Song to Sing

Invitation – Psalm 18:2

"My rock... my fortress... my deliverer."

Quiet

Recall God's faithfulness.

Psalm 18

Rescue... strength... light... praise.

Bible Reading – 2 Samuel 22

David looks back.

God's fingerprints everywhere.

Quiet

Hold one memory of God's goodness.

Dwelling

"Rescued... faithful... light..."

Free Prayer

Pray for:

- gratitude
- remembrance
- trust for the future

Prayer

Faithful God,

thank you for every rescue.

Let remembrance become praise.

Amen.

Blessing – Psalm 18:46

"Praise be to my Rock!"

David's Playlist

Family Edition

Eight Weeks of One-Minute Devotions
for Families

Simple • Gentle • Scripture-centered • One minute a day

Each day includes:

God's Word • One short thought • One short prayer

Weekly Rhythm Menu for Kids

Choose any during the week:

- Kneel and pray for one minute.
- Draw or write something about the verse.
- Do one kind thing.
- Ask someone how you can pray for them.
- Take a 10-minute family psalm walk.

Sunday, February 1

Week 1 – Psalm 8 (Wonder)

Sunday

“O Lord, our Lord, how majestic is your name.”
God made everything beautiful.

Prayer: “Help us notice your beautiful world.”

Draw or write something about the verse.

Sunday, February 8

Week 2 – Psalm 59 (Trust)

Sunday

“You are my fortress.”
God keeps us safe.

Prayer: “Thank you for being our safe place.”

Draw or write something about the verse.

Sunday, February 15

Week 3 – Psalm 34 (Gratitude)

Sunday

"Taste and see that the Lord is good."
God is good—even on hard days.

Prayer: "Help us be thankful today."

Draw or write something about the verse.

Sunday, February 22

Week 4 – Psalm 57 (Surrender)

Sunday

"I take refuge in the shadow of your wings."
God holds us close.

Prayer: "Hold us close today."

Draw or write something about the verse.

Sunday, March 1

Week 5 – Psalm 51 (Repentance)

Sunday

"Have mercy on me, O God."

God loves forgiving us.

Prayer: "Help us say sorry and start again."

Draw or write something about the verse.

Sunday, March 8

Week 6 – Psalm 32 (Freedom)

Sunday

"You are my hiding place."

God forgives us and helps us live free.

Prayer: "Thank you for forgiving us, God."

Draw or write something about the verse.

Sunday, March 15

Week 7 – Psalm 3 (Dependence)

Sunday

"You are a shield around me."

God protects our hearts.

Prayer: "Shield us today, Lord."

Draw or write something about the verse.

Sunday, March 22

Week 8 – Psalm 18 (Remembrance)

Sunday

"The Lord is my rock."

God has helped us before—and will again.

Prayer: "Thank you for being our rock."

Draw or write something about the verse.